

# INNER CIRCLE STUDY GROUP

**CLOSED  
CLASS**  
*with*  
*The*  
**YADA**

*Class 3*



A Publication Of:

BORDERLAND SCIENCES RESEARCH FOUNDATION  
PO Box 548, Vista, California  
USA 92083

INNER CIRCLE STUDY GROUP -- Closed Class No. 3

SUBJECTS DISCUSSED WITH THE YADA

Page:	2	1. All Is Suggestion
	3	2. The Futility Of Charity
	4	3. The Blood Purifier, Apples
	5	4. Back Up Suggestion With Action!
	6	5. Counteracting Negative Suggestion
	7	6. The Alkaline Conditions of a Cold
	8	7. The Excess Acidity Of Mediumship
	9	8. Burning With Ambition -- And Frustration
	10	9. Psychic Sensitivity Affected
	11	10. Know the Body First
	12	11. Purifying the Breath
	13	12. Symbol Precedes Form
	14	13. How To Awaken the Sleeping Creator
	15	14. Senseless Repetition Causes Pain
	17	15. Total Reaction To Thought
	18	16. Human Helpers In The Animal Kingdom
	19	17. There Are No Accidents
	20	18. Animal or Human, the Difference
	21	19. The Animal Part of Sex
	22	20. The Sexy Mohhammedan Heaven
	22	21. The Marvelous Freedom of "I Am-ness"
	23	22. The First Hypnotic Suggestion
	24	23. You Do Not Live In Your Body
	25	23. Become A Scientist Of Life
	26	24. What Is Time? Or Any Other Physical Attribute?
	27	25. Sound Is Thought

INNER CIRCLE STUDY GROUP -- Closed Class No. 3

Home of Mark Probert, Medium, and former Kethra E Da Foundation headquarters, 931 E. 26th St., San Diego, California  
July 28, 1967. Early evening.

Yada: "Good evening, my friends. (Chorus of "good evenings")  
Is little bit too warm tonight for you, yes?"

He: "Yes."

Yada: "Notice, I said, for you. Ha, ha, ha. Didn't you know that all ghosts are cold? (More laughter) Yes. You know, when I taking control of Mark, I change his rhythm of breath. I give him a heavy dose of oxygen, which he generally does not get enough of. Because, as you know, cigarettes, tobacco cuts down the amount of oxygen when it go into the lungs in smoke.

"It's truly amazing, what the human being will do to himself. Slow suicide. I do not wish to disconcert you, but -- ah -- are we not all seeking truth? Of course. I do not need to even suggest that you stop using tobacco. All I do is tell you what it does to you, and leave it up to you, to go from there. It's that simple. Always, in teaching, that is what you do. You do not try to force your student to do what you want him to do no matter how right it is, how true it is-- "

He: "You couldn't force him anyway!"

Yada: "Of course not! But many teachers do try that sort of thing."

He: "Some teachers are better sales people than others. They project their thoughts a lot better."

Yada: "Yes. If there is anything that the human ego resents it's for another ego to try to take it over, to tell it what to do. We all think we know what to do. We do not want any one else trying to tell us.

"Now this is salesmanship -- is a form of suggestion. Which is one of the things we are going to talk about tonight. Comes under the heading: of another word called Hypnosis. Now if the human being were not functioning through the very delicate instrument called the senses, he would not have openings for other, outside suggestions to reach him.

## ALL IS SUGGESTION

"This means that all of the external world, as well as the internal world, is suggestion. And because we humans are all very different from one another -- although we have a basic sameness -- we are open, in different ways, different degrees, to what is called suggestion.

"Now as we grow -- not necessarily up, not necessarily in years, but in understanding -- we begin to feel the necessity to at least slow down the suggestions coming in to us from the outside world, from other beings, from other things. We tend to examine things more closely. We tend to question the, the veracity of our senses. This is a very good sign that we are thinking now. We are working on our own being, our own consciousness.

"Because of the nature of the senses man has many problems that he would not otherwise have, because he thinks -- occasionally, anyway. Ha, ha. If he would carry this attribute of thinking a little further on his daily problems, he would find the way out of these problems more often, and more quickly.

"Question in problems is, how did I get into this one? Look back upon how it started with you. For instance, persons that suddenly -- seemingly suddenly -- realize that they are drowning in bills. Does that sound familiar? (Chuckles and laughter from group) Now, how did you do that to yourself? Most probably saying to yourself: I've got to live; and I've got a certain status to keep up with; so, let the bills fall where they may. Then suddenly you realize they are falling on you! A different matter. you did it. Now because you did it there must be a way out of it; even if it is no more than denying yourself some of these things that you have been needing, or believe you need.

"Put a curb on your thoughtful or wishful thinking. There is old saying that if you want to dance you have to pay the fiddler, yes?"

He: "Yes."

Yada: "Yes, of course. Either that or stop brooding about it. Stop worrying other people about it, beside yourself. You got into it and only you can get yourself out of it. It is the same way with these different countries, so-called, the backward countries. Do they have to be backward? No, greed of their leaders did it, and then greed of the people.

"Get the leaders. Make them responsible. Get them into doing things and helping their people to take care of themselves. For so long as one person leans upon another person, he's in trouble. Almost nobody enjoys being leaned upon. They can

hardly carry their own weight. Everyone, though they can carry much more than their own weight, they don't like someone else on them too.

### THE FUTILITY OF CHARITY

"Then your country, and other countries, who are pouring assistance to these backward countries -- only when they stop doing that will these countries stop being backward. Only then will they start doing for themselves.

"Countries send large quantities of material, besides money, to these backward countries; but they do not follow up their gifts to see that they are put to intelligent use. There is big cry going on about some of these backward countries needing tools for their peasants to work with. Now the peasant never had modern tools. They would not know how to use them unless you also sent over engineers and artists in tool using, and teach them the use of these things.

"What is the use, for instance, of sending soap, your great American invention, hah, to some of the islands in the South Pacific. When those peoples, when they get it, they eat it! (Chuckles) Consider. Nobody knows what to do with it; so they eat it. There is no accounting for taste, umh? (Burst of laughter from the group)

"The power of suggestion. If a suggestion is given weakly, the person that receives it does not know what to do with it. It has to be carried with impact, especially to the mind that sleeps, especially when it is something of real use.

"Self-hypnosis, hah, hah, should be one of the most easy things for the individual to do; because he is doing it all the time anyway. All the time! Some more than others. Some use it to keep themselves in a state of sleep.

"The use of drugs. Because very few people know the nature the nature of their mind, they do not realize the great danger they are putting themselves into using drugs to stimulate the mind. Now you can, very easily, develop a good body with the practice of hypnosis. But you must know some other things also. And you must give yourself suggestions regarding these things; so that you will keep these things in mind, and act upon them; and that is putting live food only in your system.

"I do not care what your modern medical society says, that there are sufficient nutrients in your food, that you do not need to take extra in the form of pills. Your food does not have the life in it, because of the way you preserve it. The chemicals you use for this, the chemicals themselves are poison, and they create changes in the nutrients of the foods, changes that become dangerous for the body."

She: "How about a list of live foods?"

Yada: "Almost everything is live food except that which life is taken out of, by your farmers in spraying. Starch is not a good substance to put in the body, even though it is broken down into sugar, and sugar, as you know, is energy, which the body badly needs. Yes?"

She: "Dont we need a certain amount of starch, though?"

Yada: "But where are you going to start? Of course, there is starch in many of your vegetables -- (some kind of break causing laughter and noise of a shifted microphone). Peas. Peas very nice food, but heavy in starch. In some beans you have more protein than in others. String beans are exceedingly good; for they affect the pancreas gland. They affect the liver so as to keep it more or less clean; so the liver does not have to overwork itself to break down the toxins (poisons) in the body."

She: "Is that -- "

Yada: "Pardon?"

She: "Is that blowing on your leg? There's a fan under there."

Yada: "No. I -- I felt it. It is not bothering. Thank you very much."

#### THE BLOOD PURIFIER, APPLES

"Apples, are probably the best of all fruits one can eat. They bring high oxidation to the body, to the tissues, to the blood -- which is also a tissue. They make clean the body."

She: "There's a wonderful source of natural juices nearby here, Yada. Probably everyone knows about that. But they press their own juices and add no -- they add nothing. But the jice of every fruit is pressed right there and you can buy it; so fresh that if you dont drink it soon it begins to ferment."

Yada: "Yes."

She: "Some of the health foods do too, around here."

Yada: "That very nice."

He: "Yada? Is apple cider good for you? Or is it not."

Yada: "It is not hurt you if you do not drink too much of it. It can, as you know, intoxicate you. But even so it's not a poison to the body. In fact it is still good for the body, but when it becomes cider you'd better drink it in

only small quantities, if you want to stay walking even. Hah, hah, hah. Have you ever seen pigs get drunk on green apples? They will do it. And sometimes then act like humans. Hah, hah."

She: "Pigs are supposed to be very intelligent animals."

Yada: "Yes. Until he gets drunk. Then he acts like a human. (More laughter) Yes, very smart, very smart. You know, most animals have an intelligence that is quite beyond the understanding, or the credit given them, by humans. Humans are strange creatures. They hardly even give themselves credit; so you can see the limit of the amount of it you will get from somebody else, eh? No.

"Pomegranates are exceedingly good for the body because they are good for the blood, enriches the blood. Has much iron in it. -- Much iron in it."

She: "I heard you! (Laughter) Eavesdropper!"

Yada: "Hah, hah, hah. You know, when I listen -- I've said this before -- when I listen, I'm a Big Ear. And when I talk I am a Big Mouth." (Laughter)

#### BACK UP SUGGESTION WITH ACTION!

"Now, it is no use using the power of self-suggestion, to make yourself well, unless you first do it consciously -- in your own way -- by proper eating, and proper exercise. Things of that nature."

She: "You know, Yada, you said that all foods were alive except those that the farmers had sprayed and ruined; so when you go into the grocery store -- hum, hum -- a farmer's been at all those vegetables, and been at almost all that food -- "

Yada: "Yes, of course. Of course."

She: " -- so we dont have much chance of getting very much live food."

Yada: "No, you do not; but, you have to take what you can get, or sub\_\_\_\_\_, yes? So in the meanwhile, so you can live a little longer and a little more comfortable, take exercise. Get much oxygen into your system going. Learn how, by the use of suggestion, to relax.

"Many people believe, when they go to bed, they relax. They get -- they go to sleep. They're relaxed. This is a fallacy. If you could see most -- as I have witnessed them -- in their bodies -- whirling dervishes. And because of why? Because they have taken the power of suggestion, their own, and used it on

themselves without even realizing it, that they're not going to get anywhere. That they are bogged down in this, that or the other. They are insecure, and don't know what to do about it. They go to their beds filled with guilts and uncertainties about what they should do, about this, that and the other thing.

"Now, my friends, if we can give ourselves those kinds of suggestions so easily, without -- hunh, hunh, how to say it should be called -- without trying. Hah, hah."

She: "You've seen the play."

Yada: "Pardon?"

She: "You've seen the play, Yada."

Yada: "Yes. Yes."

#### COUNTERACTING NEGATIVE SUGGESTION

She: "Well we've been brainwashed. Even when a little child, we go out doors to play, our mothers probably say, Well, don't get hurt. Put the idea in your head."

Yada: "Yes, and when it rains: Come quickly out of the rain, you'll catch a cold! Nobody catches cold that way -- unless they've been given the suggestion to do it. Observe please, carefully, both the children and adults that have been in rain for hours, and never have a cold from it."

"If your body is in good condition, you cannot catch cold. They are not -- or you are not subject to that sort of thing. Because that sort of thing is a thought, an idea. The body chills, so you go to catch cold. The body chills to protect itself (dog barking) when you are out in -- (more barking) -- "

She: "What did you say?"

Yada: "Can you please close the door?" (Pause, as outside noise becomes muffled) Thank you. When you are out where the weather is freezing, and your body chills, it is a protective measure of nature. It closes the pores more tightly. Did you know that?

"You know, if you studied the yogin who goes into the mountain, up high where is ice and snow, and he walks around and lives in the outside only with a breach cloth on, why he not catch cold, and die? For that very reason, because he lets his body chill; and he breathes right; so that he cannot catch cold. Catching cold is from lack of proper oxidation in the body, proper breathing. And with all this smog and salt and whatever it is you



call it in your atmosphere added to this condition -- the condition that you do not breathe deeply enough -- the lower portions of the lungs become poisoned. Pretty soon you have all kinds of respiratory troubles."

#### THE ALKALINE CONDITIONS OF A COLD

Yada: "Now, sir, you have studied some of these things in your work as a chiropractor, yes?"

He: "Yes."

Yada: "Do you have anything you would like to -- "

He: "I would like to add something which -- Maxine mentioned having a cold. Sometimes we develop a cold when there is -- nearly always -- an emotional upset. You can also be having your resistance lowered; you will be having a tendency to catch cold. You become toxic, auto-intoxicated. The virus multiply in the intestinal tract when you have auto-intoxication, and the virus are the ones that generally produce the symptoms of a cold.

"Of course, when the body is lowered, the resistance is lowered, the haemophilia tissues can be felt in the throat -- are subject to bacteria, strep, streptococci, staphylococci -- "

Yada: "Is that the mucous membrane?"

He: "In the mucous membrane, un hunh. Now, quite often in colds, I find that invariably they are highly alkaline. And if they are highly alkaline bacteria grow, very readily, in an alkaline medium. You have nitrazine paper, with a gradation from about 4.5 to 8, from the acid side 4.5 -- the -- to alkaline, point 8; you quite often will find that the excretory organs: the saliva, urine, stools are highly alkaline; so you make a test of it. I generally like to make a test right away when he comes down with a cold, to find out if he is highly alkaline. If he is, put him on acid foods and keep him off of the alkaline foods, which are milk and ice cream. Clean out the system, force fluids, get ample rest and try to overcome the virus, clean out the system. Get rid of your strep and staphylococci in the throat, if it isn't too severe. Sometimes if it gets too severe we rely, of course, on anti-biotics."

Yada: "Yes, of course."

He: "But so many times a cold is -- can be corrected without resorting to the anti-biotics. And just checking your acid-alkaline balance, and acidifying the body just as rapidly as possible, with ample rest. And to acidify, I told Maxine here tonight, that beer is a good acidifier. Whiskey is good. You

know, years ago you'd say, well, I'll just take a good shot of whiskey and go to bed. Some of us did. Whiskey -- actually what they did is change the chemistry -- "

Yada: "That is right."

He: " -- and they became more acid."

Yada: "You know, it's interesting about the law of chemistry where acid is concerned, the various acids. Because if you make study of how life first formed, chemically speaking, on the earth you will find that in the beginning was basically an acid culture; and out of this came life. Not alkaline.

"You have the fermentation of substances that came out of the sky, first, out of the upper spaces. These substances we will call, for convenience, protein enzymes; and these protein enzymes were given the life force from out of the life of the sun. Then they descended to earth, into water. Water is the cosmic blood of life.

"Yes, water going away and these substances left under the heat -- given heat treatments from the sun, and fermentation starts; and out of this fermentation -- or in this fermentation is formed great acidity, and then minute little forms come out of that. And they move more by the power of light -- what you call photo -- "

He: "Synthesis. Photo-synthesis."

Yada: "Syn -- "

He: "Synthesis."

Another He: "Like the Christian virtue, sin!"

Yada: "Sin -- hah, hah, hah! (Laughter) You know, English words are so interesting. But you see, what I am meaning now. The acid is very important for life.

#### THE EXCESS ACIDITY OF MEDIUMSHIP

"Now in the cases of what are called sensitives, mis-called mediums -- I say that for Mark's sake, hah, hah, he not like the word. But you see, almost every one of these peoples -- if they went under examination by a bio-chemist -- he would find that they were in a state of excess acidity. And this not too good either."

He: "When a person is sick I had always thought, as a general rule, he is highly alkaline. A very sick person, invariably, if you check his whole chemistry, is invariably alkaline."

Yada: "Yes."

He: "And sometimes in rheumatic problems, arthritic problems, you want to get the pain out of an arthritic patient. If he is alkaline and you change his chemistry, you can sometimes stop the pain without him even having to take the aspirin and sodium silicilate, by just changing his chemistry. The sodium silicilate will acidify the system. And some arthritic -- if that were true -- you could say, well, I could cure arthritis. They don't all work that way. Now the next arthritic patient will be acid; so you can't go on that basis.

"But when you find an arthritic patient who is in pain all the time, and you find him highly alkaline, within two weeks you can get that man, patient, some times symptom free, by changing just his chemistry."

#### BURNING WITH AMBITION -- AND FRUSTRATION

Yada: "You notice however, because he even mentioned it, that there are some individuals that is just the reverse with them. That their pains coming in arthritis are coming more from highly, highly acid state. It is literally burning them up.

"Now you find these peoples punishing themselves. They are frustrated, not because they are guilty. It isn't guilt with this sickness; it is ambition! Frustrated ambition."

He: "Sometimes hate, resentment -- "

Yada: "Well, frustrated ambition certainly produces much hate -- hate against those who have frustrated them. Sometimes that hate is turned upon themselves because the ones who should be getting it, they love, and do not want to hurt; so they hurt themselves instead. Strange. Strange."

She: "How can we tell if we're highly acid? How can we tell?"

Yada: "There are ways and means of running tests upon yourself. You were talking about the paper, a little while ago, doctor."

He: "Yes. The nitrazine paper -- on your excretory organs -- saliva, what not. You check. Put your saliva on the test paper (it can be gotten at any drugstore) and it'll check almost within seconds -- whether it's highly alkaline -- it turns blue or it turns yellow or stays green. It should stay about 5.5 -- averaging throughout the day. You should average about 5.5 to 6. Good healthy person will stay around 6 -- 5.5 to 6. If he's lacking energy and is all worn down. Just like a battery, you are an electro-chemical system; and if you have a battery that is alkaline, you are not going to get the energy from it -- just figuratively."

Yada: "That is right. That is right -- "

He: "You have to be a little, almost, on the acid side."

#### PSYCHIC SENSITIVITY AFFECTED

Yada: "And here again this has to do with Psychic Sensitivity. How alkaline are you? How acid are you? If you are almost all alkaline, uh, your station is closed down."

He: "You're sick."

Another He: "You will be sick."

She: "You're dead!"

He: "You're awful weak."

Yada: "Yes, your receiving apparatuses, as well as your sending ones, are kaput! Hah, hah, hah."

She: "You could tell from the saliva because there is more bacteria in your mouth than any place else in your body. That was quite amazing to me."

Yada: "Uh, now I know why they are some peoples who do not kiss." (Laughter)

He: "I may want to clarify that just a little bit more. If the saliva is alkaline, the stomach, some times will try to change, or you will try to change it with the urine and the stool. Now you have to take an average of the whole system. The saliva can change, it can be highly alkaline; but then the urine, for instance, can be acid; and you'll balance it. You cant tell only by the saliva. I've tried taking tests just saliva only -- been doing this for 15 - 20 years -- and I find that that wont be enough, just your saliva only, you have to take the whole system -- three different tests."

Another He: "Are there any emotional tests that you can do to determine whether a person is -- how you say -- either acid or alkaline?"

He: "I dont know. I dont know of any. I do know that when you are emotionally upset you crack the siliac plexus and that quite often throws your digestive apparatus into a wrong condition, and your system goes haywire from that. The emotional problem makes them quite often alkaline. It throws -- cuts down either the hydrochloric acid (in the stomach) or increases it. If he's worried, sometimes very worried over a period of time, he becomes -- he increases the acids in

his stomach. But so many people past 45 are alkaline and they develop an acidity in the stomach and they get belching after meals, and eructations, and they get gas. This, quite often, if you will check it, due to a lower hydrochloric acid. So what you try to do is increase the concentration of the acid in the stomach. By doing that lessen -- and you can do it by lessening the fluid intake.

"Now if I find someone who has gas and indigestion after meals, besides an adjustment to the area, going to the stomach area, if you can find that area and normalize it, you also go to the stomach, the stomach area, and try and -- well -- give 'em something to neutralize or keep from getting the acid neutralized. So, cut down on milk, ice cream if you are hypo-hydrochloric. Dont take any fluids with meals. No soups. No fluids of any kind: water, milk, coffee, tea; and that patient invariably gets off it.

"If he doesn't, then you may have to add a little hydrochloric acid to his system in digestive tablets."

Another He: "What foods would you take that would be acidity?"

He: "Acidifying?"

Other He: "Acidifying, yes."

He: Uh, meat -- well. I said meat but I wont say that. I'll -- keep off -- I'll say this -- so many -- you can look up in a book some of your acid foods. But just remember, stay off your alkaline foods and your highest alkaline foods are milk and ice cream, and any fluid that will neutralize the hydrochloric acid in the stomach. What you want is a tense normal hydrochloric acid there, and if you take water you neutralize the concentration of the hydrochloric acid.

"So these people mainly -- now I dont think we have any problem with you at all. But it's people past 40 and 45 who are having the problems of indigestion and gas after meals. I wont interrupt you any more."

#### KNOW THE BODY FIRST

Yada: "Unh unh, that was very interesting. You know, my friends, we must know -- if we are studying life -- we must getting to know the nature of our bodies. We cannot know about our minds until we know about our bodies.

"How is the body capable of producing a condition called telepathy. You see, every cell in the body is a living being, in itself. Every cell in the body has its own quantity of electrical light. This in itself is the electrical nature of the body; it makes it a wonderful center both receiving and send-

ing telepathic thoughts.

"Now in the practice of yoga there is a fasting. There is the practice of the discipline of the body, of posture and of keeping that posture, because these things help one to concentrate, to center their thoughts, to bring back the scattered pieces, and make them whole and put them down to one center.

"Because if your mind is wandering off in pieces -- which is the majority of time with most humans -- you cannot concentrate. Not long enough to solve some of your most simple problems."

She: "Yada, is the reason for fasting to increase and increase the acidity of the system? That it reaches that receiving and sending level?"

#### PURIFYING THE BREATH

Yada: "Yes, but also, it's for purification in your, in breath, in using breath. Now if your body is poisoned, especially from the intestinal tract -- which is a great breeding ground for septic bacteria as well as good bacteria -- you cannot concentrate. Because you will be doing this, which I have demonstrated before. (Demonstrates some physical gesture, probably scratching. Chuckles.)

She: "Then would it be a good thing to take yoga exercise if you had a chance to -- "

Yada: "Of course. Of course."

She: " -- to learn?"

Yada: "But, please do not take breathing exercises unless you clean your system out first. Go on some small fast at least, and try to live a few days on fruit. And good water if you can get it. But also, if you have not been in the habit of having a clean intestinal tract, you should get at least one washing out inside, what you call High Up. High -- "

He: "Colonic."

Yada: "Colonic. Because, if you start doing breathing practices when your body is loaded with toxins, you suffocate the brain to the point where it will throw you into nightmares. It will cause you nightmares, sometimes worse than that drug called LSD, or other, even more potent drugs."

He: "What is the name of that new one, do you know?"

She: "They call it STP for short."

He: "STP?"

Yada: "What is that?"

She: "It's a more concentrated idea of LSD, but the effects are up to at least 80 hours, rather than 28 -- "

Yada: "That's called exclusive Latin -- (Laughter) Only for the rich. Yes. But again, taking drugs, when your body is already poisoned from improper breathing, lack of proper eating, lack of proper exercise, you're almost certain to kill yourself. And not just kill the body, but kill the mind while the body stays alive.

#### SYMBOL PRECEDES FORM

"How marvelous a machine is the body and the body was created by the mind. The mind knows what it is and therefore what it wants, what it needs. And out of this, these needs a symbol is first formed, in the mind, a symbol, and out of this symbol will come the form.

"This means the body is an idea, born out of feeling, feeling in the Great Mind. I have mentioned before at other group meetings where you the individual are the creator; and that you created all of this that you see; and that you don't see. And on one occasion, a man, he said to me, I just cannot accept that. I couldn't do all that. That was done by God. And by God it was! (Laughter)

"But you see he didn't know what he meant by the word God; any more than he understood what I meant when I said, your mental self does that. That is the work of the mental self. He did not like that at all. He was thinking of what is called the lower mental self, the, the -- you know the one with the eyes open but which is mostly dead? (Chuckles) That mental self.

"It does not know. All of this is a feeling, an idea! And when idea is broken down into idea, because the building blocks out of which it is all formed is something called energy, seems to mean substance from substance, matter from matter -- hah, hah -- but that is not the way it is meant.

"Of course energy is the king of form. It is the god of form. But the mind works on energy, moves it in certain characters of motion that produce chemical substances. Can you imagine, you sitting there, can you start and concentrate and in that concentration try to imagine how a conscious being -- as you know the word conscious -- could create existence? It couldn't. It couldn't. It's created by that which is called the unconscious self, the unconscious God. Every time it creates something, its drive is to find self-awareness. I am that. Everything that is created, if you listen, is shouting that expression. I AM!

I am. Yet this god does not become conscious until an effort is made on the part of the individual to make it conscious; and this effort is called self-development.

#### HOW TO AWAKEN THE SLEEPING CREATOR

"Now it does not -- does not -- uh -- involve; or it is not necessary that it involve one into all kinds of mystical practices, rites and rituals. That is not the way to awake that being, that sleeping creator up. The way to wake that sleeping creator up is by practicing how to think!

"It is not done; man does not think just because he is born, like a human being. He has to be taught to think. Thinking is creating new ideas. Would you object?"

They: "No."

She: "But I dont understand just what is a new idea?"

Yada: "Hun, humh."

She: "I dont see how that can be."

Yada: "Oh, hah ha. First is it a feeling, regarding life. When you -- let us say you have a problem of a kind. The reason so little is done about it to solve it is because no thinking is being put on it. Just worry is being put on it, anxiety with no constructive thought. To realize, just to realize, that you are responsible for the position you find yourself in is the beginning of creative thinking. It is creating, as far as you go, a new idea, an idea you did not conceive of before. Because you have been conditioned to believe that somebody else did it to you."

She: "You mean something is, something like reduction of external influences."

Yada: "That sound good!" (Laughter)

She: "Well but isn't that what -- isn't that what something like what you mean?"

Yada: "Yes, of course."

She: "Because new ideas, there are such things as new ideas; because they are all there to begin with."

Yada: "But -- but -- where? You see -- "

She: "They're -- but they're either from inside or imposed upon us."



Yada: In -- umh -- they may as well not be there if we have no way of reaching them. And by that I mean to say, as long as our thinking blocks us, the kind of thinking we do, that we've been conditioned to do, blocks us, we are faced with a vacuum. Know you are this; we find ourselves like the monkey, repeating our acts; and with no sense of boredom, that's more frightening.

#### SENSELESS REPETITION CAUSES PAIN

"Do same thing, every day, every hour of the day, and then suddenly we getting a pain. The pain may say, Wake up! You're sleeping, and you're killing yourself because you're sleeping."

He: "Question, Yada. Have you heard, or have known, any case where a small child has literally grown up with wild animals?"

Yada: "Yes."

He: "Now, when I say small child I'm talking about three, four years of age -- two-three-four -- "

Yada: "Yes, younger also, baby."

He: "Is that right?"

Yada: "In -- in -- not only in my time, my civilization so long ago, but in several other civilizations, some in the Andes mountains -- uh some in the Amazon jungles where at one time there was a great race of white people. You may, if you care to, call them Indians; but they were not really Indians. They were an immigration from very, very ancient Andean mountains. Good, very good civilization. Did not last long. Not because there was so much negative activity of man, but rather of Nature. Nature without disturbances from man. Nature acting on its own feelings in what had been put into it before then."

He: "Would you say then there have been those children in this civilization? You said in past civilizations. I mean in this one now, like -- "

Yada: "Yes -- "

He: "I mean in India, Africa -- "

Yada: In India, Africa -- many times African children living in jungle life have been carried off by shes of animals because they had lost their young; and baboons have nursed human babies, and taken exceedingly good care of them; except that as the hman grew he became more like a baboon than a human."

He: "Yada. I'm following a line, a point that I want answered.

Now, would there have been any babies taken from, as we call it, intelligent people, by say some white people that were living over there and they had a pretty good education; and they had a child; and it was taken by the animals, and raised. Would there have been any cases like that?"

Yada: "Yes, there have been before, cases of educated peoples losing their children in this way and the animals have raised them. Not only the wolves but also some cats -- "

He: "That's surprising. Following that question, you have said that we must -- this is earlier now -- that we must learn -- or that beings must be taught to think, right?"

Yada: "Yes."

He: "That would prove a point then, in the case of these children because they would have learned only the animal languages and instincts."

Yada: "That is right."

He: "And now, taking these children into the family or into human beings again, as I have read or thought; they have never been able to teach them to live as we do."

Yada: "No, this is understandable because the whole -- you see --"

He: "He still has a brain, Yada, still has a brain and everything of human being, socalled -- "

Yada: "But you see when one comes from one life to another, they always come in with what is called a clean table, for writing on -- called the \_\_\_\_\_, you know? Now, whatever that person is conditioned. Whatever the environment they are first conditioned into, that will be the most lasting attitude of that being.

"Now, it is extremely difficult to reimpres the mind for more human-like actions when taken -- when babies taken from the animals after it has lived so many years with them. Because it not only affects the brain -- and automatically affects the mind -- it affects the entire anatomy, the entire physiology of the body, and so severly there is nothing you can do to change it.

"There is one chance for that being and that is when he dies; and his chance of being reborn, that he may be able to wash out memory of his animal life by human treatment in the astral world. But as long as he lives they will never be able to make him an intelligent human being,"

He: "Yada. You said that when a person comes in, they come in

with a clean slate. Does what they do in past lives and similar experiences go back into what we call the subconscious and super-conscious?"

#### TOTAL REACTION TO THOUGHT

Yada: "Yes. But you know, it effects the whole body. Isn't that remarkable. When you really think about it, how thought does not just stop in the head. Does not start only in the head. The whole body by chemistry and chemical-electrical action -- uh -- gets the feeling, and thought.

"Think of that. The liver, the \_\_\_\_\_, the heart, the lungs -- could you see with the eye the reaction of the entire body to a thought. Let us say an impressive thought called Fright; so you could get a true picture, a vivid picture of what goes on in the body. To see it, you would be amazed. You would be amazed. The whole body is a thinking, feeling organism.

"You know, interesting way to prove this is by putting food in front of one that they are not accustomed to. The whole body takes on an action. That person may simply push it away and say, I do not like that; and you think it is simply a matter of surface liking. Hah, hah, his whole body responds to the dislike of it.

"As you know, certain aromas, though pleasant to some may make others violently ill. Some very nice aromas -- what you call perfumes -- can throw your mind back out of space and time -- where you can live a whole experience that that perfume triggered, through the nervous system.

"You see, the physical body is something marvelous. It is such a complex machine that you cannot begin to imagine its ability, its ability to exist; and what it must go through to exist. I have thought many times, how amazing that any living organism manages to live as long as it does, not as short, as long as it does. It is a constant battle of the physical self to stay in one piece. It is being attacked through the sensory system all the time. Sometimes it gets a little rest from vibrations of things that it enjoys.

"Man does not feel it difficult, not really, to live under any conditions; for a body to be raised by a wild, other species of life is not strange. The survival drive in animals is just as acute as it is in the human animal; and the human mother, generally, does pass drive for life, to stay alive, to its young. It gives it reason for being wanted. It gets this feeling of security and what is called love from association with the mother's body."

He: "Question, Yada."

Yada: "Yes."

He: "In reference to a baby being raised by an animal, and being raised by a human family. In a sense, could this baby that is raised by the human family has a tendency to find its place in the astral world, either immediately or later; and the one that's raised by the animal -- would there be a difference on the strength of why he's in a different place?"

Yada: Yes, of course -- in the astral world. Of course it would -- "

He: "Would he then go to the animal kingdom for his relaxation or his continuing? Or would he -- "

Yada: "For a time. Now they -- (Apparently here the Yada's teacher, Kethra, interjects a comment or suggestion regarding this physical plane conversation, for he drops into his own Yu language temporarily.) Umh? Shada? Oo kana odeeya. Ee sichiti on. Nah. Nah. Ee see tu ku mee an to wah -- Ummmmmm, auki, soo too kee ah tah (chuckles).

#### HUMAN HELPERS IN THE ANIMAL KINGDOM

"There are beings in various levels of consciousness that for convenience sake we will call Helpers. They are beings, human, that act as Helpers in the animal kingdom, the animal consciousness that survives the death of its physical structure. These beings can discuss with the more intelligent animals things that will tend to improve it as this Life Force re-enters a physical form.

"So that in due course that Life Force -- you see, all life is One Life, auki? Yes, this must be. Whether it is man or monkey, or the cats, or the bears, or everything that has life. The snake. The snake is wonderful being; so wonderful that the ancients used him as a symbol of wisdom.

"So, everything that lives continues to live; so that life will try again, to advance itself; and little by little come away from the animal mind into the human mind which is itself animal, and must be trained to be God-like."

She: "Yada, would this mean that an animal kept around -- a pet -- kept around humans could eventually be human?"

Yada: "That is right. Now you see this may sound fantastic; but not so when you realize all life is one Life, unh? Uh, the difference is the conditioning that this life gets in entering a physical form. It cannot do in that life, that intelligence is limited by the form it comes in to, limited in its action, limited in that thing called appreciation. It has its own kind of appreciation for things, but it is not a human kind of appreciation. The same way as a human -- when he begins to be a human -- does not have

the same kind of appreciation that he will have when he becomes consciously a human, and then consciously the Light, the Eternal Light of Creation. Se de ke etn ah e dah. Humh."

She: "In this country dogs, dogs get more love than children, (chuckles) and also there is more money spent on them. That sounds silly but it's a fact."

Yada: "No, it does not sound silly, Annie. It does not sound silly. It is the way things are; and so we must learn, in our particular time and environment, to go along the way things are, and try to make them a little better than they seem to be. That is the work of the human being, the true human; it is his intense true interest in his fellow man; so that he becomes his brother's keeper without becoming his jailer.

"Often that happens, in our drive to be our brother's keeper we become his jailer; we have to be very careful of doing that."

#### THERE ARE NO ACCIDENTS?

He: "One more question, Yada, on this child that may have been taken by the animal. Could that have been a pre-determined action on the part of that soul, or, are those all accidents?"

Yada: "Now, I want to ask you, all of you in here, this question: Is it true that there are some accidents and some things that are all already planned and worked out? Is there something called an accident?"

Chorus of "Nos." "I believe there are no accidents."

Yada: "Because if there is one accident, one accident, then everything is accident."

He: "Maybe I should clarify what I meant."

Yada: "Ah hah. All right."

He: "The soul of this individual that came into the physical world and was two -- or a little younger or a little older -- and was taken by an animal. Did that child's soul desire that experience?"

Yada: "The chances may be this. I do not say they are in his or any particular case -- but may be -- that this, this mentality, of this being that is stolen from its parents, in a past life had so degraded his mind, had become such an animal in thought and feeling, that he put himself in a position to be living with them; because he could not find a way of being born into, back into, the four-footed animals. So, he put himself in the position to go live with them."

She: "Could this also happen -- and I have seen some people that become overly fond of their dog -- poodles and things like that -- more so than they do their friends and relatives. Dont they have a sort of tendency to go in that direction?"

He: "You mean kind of look like them after awhile? Hah, hah."

She: "No, I mean they really love them more than -- "

Yada: "No, no, it would not be on account of that. Here you find something quite different. You find what is called a hunger."

She: "For affection?"

Yada: "A hunger for affection, a hunger to touch something with which we can find meaning through the tactile sense organs."

She: "But why turn to an animal?"

Chorus of response: "Because they dont hurt you." "The animal cant talk back." "They cant tell you what they think." "They can be easily controlled."

Yada: "Yes, and because one becomes frightened by the mistreatment they have gotten from other human beings; so they turn to animals for their comfort."

She: "They may need a dog for protection."

Yada: "Yes. You see, if we love ourselves we love all things; so it does not really matter to us what we adopt, or adapt ourselves to. It does not really matter. What matters is, in any of this, where is your love? Do you have any? Or are you doing these things more as an escape? From reality, the reality of yourself as a human being. Do I speak truly?"

He: "Yada, a question. I dont think you speak truly, perhaps there's something I dont understand."

#### ANIMAL OR HUMAN, THE DIFFERENCE

"In the past you have mentioned that the human really never came from the animal -- "

Another He: "Yes, that's right."

He: " -- and in the present time you have seemed to indicate to Helen that, perhaps, the dog is going to become a human being. Can you reconcile that to my mind, please?"

Yada: "Yes. First, please, what is dog?"

He: "Idea."

Yada: "Idea."

He: "Thought -- "

Yada: "That is right."

He: " -- it's just a form, a manifestation of the idea."

Yada: "That is right. What is one human seeking? Most do not know. They just fall into the physical world, being pulled in by their desires, their lower desires."

He: "How did they get themselves into the state of being a human?"

Yada: "They didn't do anything so bad, to make them an animal. You'll find the peoples that go and are capable of living with animals -- like that boy you speak of and like some children I have seen -- are just not ordinary animals. You'll find that these animals that adopt the humans are very vicious. They're not the kindly animals.

"The wolf, the wolf is very, very smart animal; but certainly not given to kindness. Cats? Cats, by their very nature, are vicious -- or must be considered so; but viciousness with them is natural. They do not know what else to do.

"No, what is it that becomes the animal? It is the human that forgets his humanness, that so destroys his soul, his spirit, his mind, that human quality that survives the death of the physical structure, that's what falls back to animalism; often, not taking on the animal body, you know, like four-legged animal. No, cant do that. But their viciousness is often beyond that of the four-legged animal. And they get a feeling for it, a feeling that cannot be denied.

#### THE ANIMAL PART OF SEX

"Now, to make this sharper picture of what I am saying, I'll bring the subject of sex up because you know how potent that is."

He: "John?" (Chuckles)

Yada: "When modern man speaks of sex, especially in what is called polite company -- you liking that? (Chuckles) That means where he cannot tell the truth. (Laughter) He does not tell of how he is affected, how differently he is affected from you, from you, from you. This being may have intense drives that to you would be horrifying. You just could not believe. But then perhaps you have some that would horrify him, too. Hah hah. Hor-

rifying depends on how you've been raised, regarding sex. Basically, sex is the animal part of the human body. Is necessary because it is a reproducing organ. The whole body is.

"Now, viciousness is basically driven through the power of uncontrolled, unthinking sex. If you doubt it, all you have to do is remember the vicious killings that have been going on, and sex that was connected with it, usually within months of your time, yes?

"Frustrated sex is more than dynamite. And until your psychiatrists, psychologists understand, come to realize, the dynamic power, the danger, the very great danger that lies in one who has bottled his or her sex drives up, and is trying to conceal them, you will never know why people do what they do -- until you know that!

#### THE SEXY MOHAMMEDAN HEAVEN

"The Arabs are, like every other people, humans, and therefore a heaven -- where the males are concerned -- are women, a heaven of endless numbers of women; and they are the sole heir to that. If nothing else it sounds like bragging, doesn't it. Hah hah. Yes, and many spirits of the Arabs will come back and tell of their great powers in heaven with all these beautiful women.

He: (low, mumbled comment)

Yada: "Yes, the desire of sex goes on beyond the grave. For where is sex really? But in the head. It's a mental thing, basically; and this mental thing disturbs the nervous system. So we are driven to express ourselves physically in sex. Yes?"

He: "Is there a period of life or time of life or separation of sex where, uh, you are going into a certain place of the universe, that place does not have sex there; and people who have learned how to disconnect, dis-assemble their sex -- us, so forth and so on -- and they get to this part of the world -- that part of the world rather -- they don't have that sex problem. It's not there!"

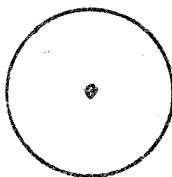
Yada: "Nor is anything -- any thing else there! You see, if I may please, use myself as a point in this idea of the sexless state.

#### THE MARVELOUS FREEDOM OF "I AM-NESS"

"My awareness -- until I turn it into coming into your world -- or going to some other level of consciousness -- is solely I Am awareness, and that is a marvelous state to be in. It is only in that state, only when we attain that state, are we free from all the pressures of the material world, and of the Lower Astral world. We become consciously the creator. We do not believe it, we know it. I Am that. You know, the Christian Bible mentions



the name of God, I AM. That is it, I Am. In the Sanscrit is: Tat Tat Sat, Tat Sat Om. I Am That; That I Am. I Am the reality, the point and the circumference.



"When the Creator descended to the earth, after creating the earth, that was the Fall of Man, yes? The Fall of God, not man; but the priestly system could not very well make much money with saying that man was God; so made man the fall, the fall person, the fall man -- "

He: "The fall guy!"

Yada: "The fall guy. Hah hah hah! He fell. All right, who pushed him? Hah hah. Who tricked him? Well, we must say he tricked himself. That's in order to keep the feeling of sin upon himself.

"No, man didn't fall, he created, and came to live in his creation. What he did, however, he forgot; when he entered the world of matter he forgot. And it was not the world of matter where the forgetting started, it was in the one other plane beyond this one which you call the Astral world -- not a pretty name, that; and it was out of that because he lost consciousness of his Divine nature; and he automatically fell into the matter world. There is so much to say about that alone that it would take much talking, much discussing.

#### THE FIRST HYPNOTIC SUGGESTION

"So you see what started out to be a subject on hypnosis, remains just that; but in a way, you wouldn't think it so. The first hypnotic suggestion that man got in his fall from the Astral to the physical was : I am that called matter, Mater, the Mother of Creation. (Pause, while he apparently listens at another level of consciousness.)

"Sisie kwa no ita, no ita. Sisie i ki na i na. Auki. I am going to leave for a little while please, all right?"

Chorus of "thank yous". (Tape takes up again immediately.)

Yada: "Well, my friends, we were back to discussing what we started to, and did some of; but I wish to speak of the, the telepathy and clairvoyance aspects of it. Again you have a very similar situation, that your mind and your nervous system

where you pick up -- or can -- events that are in other people's minds. You're getting a cross current. You call this, in a kind of cheap way, mind reading; but it isn't reading.

"Now you can bring on the condition of clairvoyance by continued practice of concentrated thought, and trying to see what you are concentrating on. Look into the mind as though you were looking with the eyes. Relax the body. Make the room with less light, what you have in it, and concentrate on your thoughts; whether it is thinking of an object, a place or a person.

#### YOU DO NOT LIVE IN YOUR BODY.

"After a time, if you keep this practice going, you will have clairvoyant experiences; and at the same time it may be that you will be getting telepathic experiences. Because they are very closely related.

"This is all built out of the fact that the individual does not live in his body. Some of the life forces of course live there, but they have more to do with the chemistry of the body than of the mind. There is physical body energy; there is mental energy; and you can expend these through any of your sense organisms, any of the senses. The sense of touch, the sense of smell, the sense of illness -- all of these -- sight -- all can be done purely mentally.

"There are some of you here that have had the experience of smelling what is called psychically, getting odors or aromas from the spaces around you that you know are not made through the nose, by smelling; they are mental aromas. Sometimes they can be called odors because they do not smell very good.

"Sometimes, somebody thinking about you sends you flowers, flowers for the nose, smell. A thought of affection can produce the aroma of roses."

She: "Remember when Sister Theresa filled up Bill and Ceci Klem's -- Bill and Ceci Klem's house? And she said she was able to do that for the first time."

Yada: "Yes, yes of course, and it is because of this developing psychism all manner of smells occurring in seance room."

She: "Even in Mark's room, here."

Yada: "Yes, very earth ones. As you know he does not know where these aromas come from. He will go around the house looking." (Laughter) Very smart man. Trouble is with Mark, he has such doubts within himself about all of life. He will not settle for anything. Either from faith or experience he stands on the edge of the fence all the time. What's going on around here?" (Laughter)

She: "And there comes a time, Yada, when he must take a step forward."

Yada: "On one side of the fence or the other. Get down off the fence. The worst thing that can happen to an individual is to suffer from indecision. It would be better to accept for at least awhile, by faith. You know, without that man has no hope of going on. We all have faith in the simple thought that we will be here tomorrow.

#### BECOME A SCIENTIST OF LIFE

"So, we start out with that. I believe. I hope. I pray; and then from these suppositions, and trying to apply our knowledge, we get to know what is. This way, we practice this kind of approach, and we become scientists of life. Scientists are truth seekers. Not all of them are but that's the meaning of it.

"And every scientists knows there are things that he can only postulate and hope will be true; and from such a springboard he has better opportunity of finding out what is.

"How do I know about anything unless I try to experiment with it? To see how it works? What is the nature of its parts? God, do you believe in God? First question is what do you mean by that? Only then can you go on from there to get intelligent answers, and turn your faith into fact. Something to live by.

"No one can say, there is no God; because all they're saying is the word, God, there is no. They have to know what they are talking about. What do you mean by that word? Only when you know that can you have a real faith, a solid ground to walk on. How do I know about mental communication and that this is a fact? I've always known it; however, I had to go through some studies when I lived on the earth. I had to find ways and means to making comparisons with mental things, the things that were not mental but something called Cause, physical.

"If you want to send a telepathic message to someone you must first believe you can do it. And you first must know what it is like to try to do it. Is it intelligent to try? Are you, are you having hallucinations? Or are you having a sense of ego aggrandizement? What makes you think that you can do such a thing as send a telepathic message or receive one, or have a clairvoyant experience? How do you know?

"You may read all about these things in some of your metaphysical books, but that shouldn't make it a fact to you. The Christian is taught to take the Holy Book on faith. He does not know whether these things in that Book are facts. And after awhile he doesn't care! So the consequence is he finds himself living in fairy stories, and believing them to be true. Such as the statement, your world was made in six days and finished on the seventh. The day is twenty-four hours. Is that

reasonable? Is that intelligent? Of course not; but -- and I'm not referring to the time as being unintelligent, six days -- I'm referring to the misunderstanding of what the reader, in reading the Holy Book, thinks about the six days, the nature of that kind of time. He doesn't know what he is thinking about even.

#### WHAT IS TIME? OR ANY OTHER PHYSICAL ATTRIBUTE?

"It could happen in an instant. In six seconds, creation could have come into being; if you are going to talk about time.

"You see, my friends, what I am trying to express is that we must know the nature of what we are talking about. We must know the nature of the physical world before we can know its mental or spiritual nature. What is it for?

"Some months ago, a year or a little more, a lady come to a meeting in the city of New York and she asked a very interesting question. But I ignored it, because it would do no good for me to say what I knew to be true to those people there. They had the least understanding of any group I ever had to talk with! They were conceited in their own aura of materiality, without even knowing what materiality means. Isn't that disturbing? I should think so. (chuckles) I could get very emotional about it.

"But this lady, she asked the question: What is the world for? No -- "

She: "Why is the world?"

Yada: "Yes. Why is the world?"

She: "And you are a great Master and you were supposed to say it in six seconds." (Laughter)

Yada: "Now, this lady was under the influence of drugs. It was obvious to me. But that doesn't make the difference. I have been able to carry on some very intelligent conversations with peoples under the influence of narcotics; and I couldn't carry on such a conversation with them when they were out of the influence of narcotics. So, that's no excuse for taking narcotics.

"I would have said to her, and to all, had I an intelligent audience, that the why of the world is a place for God to find Himself again; for the Eternal Light to become conscious again. That's what man is for. That is the why of the physical world, the astral world; and there is no escape, no getting away, no freedom for the human being until he wakes that God within himself. Until he frees the Christ from the tomb of the Jesus body, there is no hope for him.

"Clairvoyance. It's an extension of the individual's awareness.

He is not seeing something at a distance, great or small; this is a fallacy under which your investigators are working, regarding these subjects. Strange, they say, that if this energy which man does telepathic work or clairvoyant work -- if it is material energy -- then it should not work like that at all. Because material energy loses its drive at a distance -- what you call -- what you call -- "

He: "There is some expression -- "

Another He: "Square?"

He: "That's it."

Yada: "At the square (inversely) of the distance. Yes, that is what I had in mind. And so they assume it is something that is not matter in any form at all. Very true."

He: "Inversely as the square of the distance."

Yada: "Thank you. Yes. Yes. Thank you. But what is matter? Hah ha. You know, peoples, when they have made no real study of a subject, they just cannot know what they are talking about when they do start talking about it."

She: "It would seem then, Yada, better for a physicist to research that than a psychologist."

Yada: "Oh ho, yes!"

She: "Because he would have a better comprehension of the lack of a time state."

Yada: "That is right. The physicist has better evidence to convince the psychologist, and the truth of this, than the psychologist would have of convincing the physicist. But you see, in truth, in the larger scheme of things we human individuals have no need to convince anybody but ourselves. There is no point to it, no reason for it. We have to convince ourselves and it is only through ourselves that we must offer what we call proof. Interesting, what you -- "

#### SOUND IS A THOUGHT

"Sound, again, is a thought, a thought rising from a feeling. The feeling gives it the im -- petus -- im -- im -- this right?"

He: "Impetus."

Yada: "Impetus, thank you -- uh -- to go anywhere, to take on any form, whether of a person or an object or a place. (Sounds

of a tape recorder, probably being stopped.) It's now very close to eleven, yes?"

She: "Yes, it is that."

He: "Yes."

Yada: "I do not like to leave you up in the air of this subject; but somehow, because you do have to get to your work -- and have energies to get their with. I'd better leave you and we will continue this if you so desire, next time we meet."

Group: "Thank you, Yada. "Thank you very much. etc.,"

Yada: "Yes. Would you all care to -- ." (Tape runs out, indicating that two hours and more had passed.)

## CONCERNING THE MARK PROBERT MEDIUMSHIP

"Mark Probert was born in Bayonne, New Jersey in 1907, and attended grammar school there through the sixth grade. He went to sea in the merchant marine for two years, and afterward came to California, where he was a dancer and entertainer for a time, and held various odd jobs. He developed a talent for portrait painting (without any instruction) and still prefers that to any other occupation. There was a touch of psychism in his family, and he himself had many odd experiences while a boy.

"The more systematic development of his mediumship began in 1945-46, when a series of sittings were held at his home in San Diego. They were marked at first by xenoglossy, or "gift of tongues" and for some weeks it was difficult to get any communications in English. Soon, however, the first of the present Controls took charge, and there has been a steady improvement in the receptivity -- and in the physical health -- of the medium. The quality of the messages received has been uniformly high -- concerned for the most part with questions in science, philosophy, metaphysics and cultural subjects generally. No religionist or cultist approach is involved, nor will the Controls permit it.

"All the meetings are held in full light and no physical phenomena occur. Mark simply "goes to sleep" and the various Controls talk through him. They are fully integrated personalities, highly informed, and anxious to serve their friends on this side in every possible way. The communications are now widely known in the Western States, and thousands of pages of reports and transcripts of them have been made available in mimeograph form. The Director and the Associates of BSRA have cooperated in all this, so far as their limited resources have permitted. We consider Mark Probert to be one of the most remarkable deep-trance mediums now living, and that knowledge of the highest importance has become available through his powers."

The biographical sketch above was written by Meade Layne, founder and first director of BSRF, in the early 1950s. Mr. Layne passed on in 1961. Probert made his transition in early 1969, only a year or so after these Closed Group sessions were completed.



PROBERT, in trance and under control, as pictured in Mystic Magazine, February 1955.

## THE JOURNAL OF BORDERLAND RESEARCH

BSRF No. 1 Published by Borderland Sciences Research Foundation, Inc., PO Box 548, Vista, California 92083 USA. Edited by the Director, Riley Hansard Crabb, Doctor of Metaphysics in the Society of St. Luke the Physician.

The Journal is published six issues a year with the assistance of the Associates, at the Director's home, 1103 Bobolink Drive, Vista. It is printed, 36 pages an issue. The Foundation was incorporated under California law, May 21, 1951, #254263, and has been in continuous existence since then. Address all correspondence to the PO Box. The Journal is included in the Foundation membership of \$7.00 a year. Single copies and back issues of the Journal are now \$1.50 each. If you don't care to join you may receive the Journal by donating \$7.00 a year or more to the Foundation. The Director's wife, Ms. Judith Crabb, is office manager and Secretary-Treasurer.

**PURPOSES OF BSRF:** This is a non-profit organization of people who take an active interest in unusual happenings along the borderland between the visible and invisible worlds. In the words of the late Meade Layne, founder and director of BSRA from 1946 to 1959: "BSRA publications are scientific in approach but employ few technical expressions. They deal with significant phenomena which orthodox science cannot or will not investigate. For example: The Fortean falls of objects from the sky. Teleportation, Radiesthesia, PK Effects, Underground Races, Mysterious Disappearances, Occult and Psychic Phenomena, Photography of the Invisible, Nature of the Ethers and the problem of the Aeroforms (Flying Saucers). In the year 1946 BSRA obtained an interpretation of the phenomena which since has come to be known as the Etheric or 4-D interpretation, and which has not been radically altered since that time. This continues to be the only explanation which makes good science, sound metaphysics and common sense."

The chief present concern of the Foundation is to make this kind of unusual information available as a public service at reasonable cost. Headquarters acts as a receiving, coordinating and distributing center. An important part of the Director's work is to give recognition, understanding and encouragement to people who are having unusual experiences of the borderland type and/or are conducting research in any of the above fields. For consultation on borderland problems, or for Spiritual healing through prayer, write or phone 714-724-2043 for help or for an appointment. Donations and bequests toward Foundation research programs and expenses are welcome.

The 24-page list of BSRF publications is available from Headquarters for 50¢ in coin or stamps. This includes mimeo brochures on borderland subjects, tape recordings of Mr. Crabb's lectures and of members of the Inner Circle, talking through trance-medium Mark Probert. Write to BSRF, PO Box 548, Vista, California 92083 USA.